Principal’s Page

Trivia Night

The biggest fund raising event for Rangebank this year! Are you coming to support our great school? Friday evening at 6:30 for a 7:00pm start. There are many different types of games to be played, silent auctions, give always, raffles, memorabilia and a great host. Oh yes, and some trivia! I hope to see you there!

BBQ on election day

The school council is proposing to hold a BBQ on election day, Saturday 29th November at our school. Again this year, our school is to be an election polling place so there will be many people coming and going. Can you help? If you can, please see Mr. Avery or Mrs. Humphrey or Brooke in the office.

Fresh Fruit Thursday Cutters

Unfortunately we do not have any volunteers to be our Thursday Fruit Cutters and so the program is now cancelled. These people distributed fruit to all our grades every Thursday. For some children this is their only fruit and certainly the variety of fruit. But unfortunately, with no volunteers, all good things sometimes have to come to an end.

School Council

School Council on Tuesday night worked through a number of activities for the future such as the trivia night, cleaning contract, election BBQ, Year book for 2014, School Fete in 2015, Hall hiring, fruit cutters, and the student disco. Not to mention Finance, Buildings and Grounds, Principals and Canteen reports. The school is in a healthy position at the moment but is facing increasing costs, just the same as most households. Planning is underway for 2015 to be an excellent year too.

Grandparents Day

What an overwhelming response we had for Grandparents Day! It was tremendous! We had grandparents from Wonthaggi, Narre Warren, Seaford and Cranbourne amongst many others. The children were extremely excited to have their grandparents here looking through their classroom and perhaps a specialist area to see what they do at school. I believe that this is the first time that the whole school has invited all grandparents to visit the school and it was extremely well attended.

We had just enough food and not enough space in the staffroom. Clearly next year we will need to use our bigger multi-purpose hall to cater properly for everyone. On behalf of the staff and students, can I thank all the grandparents who made the effort to come. The staff already have ideas about another one in 2015! If you didn’t come this year, perhaps in 2015?

Colin Avery,
**TERM 4 Monday 6th October –Friday 19th December**

**Every Wednesday**  
Foundation and Grade 3 swimming program. Students leave at 11.15am, swimming from 11.45am until 12.30pm. Students return to school around 12.50-1.00pm. Students will have their recess early on their swimming day.

**Friday 24th October**  
Trivia Night -If you would like to book a table, please do so at the office.

**Thursday 30th October**  
Foundation Transition Program Week 1  
Meet & Greet, Welcome Morning Tea with our principal in the Staffroom for parents from 9.10am until 10.50am

**Tuesday 4th November**  
Melbourne Cup Day – Public Holiday

**Wednesday 5-7th November**  
Grade 5 Camp Allembee. Three day fully catered camp.

**Friday 21st November**  
Grade 4 Kryal Castle. Cost is $50.00. Money & permission form must be returned by Tuesday 18th November

**Thursday 18th December**  
Last School Day for Students

**Friday 19th December**  
Planning Day for Staff

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**Student of the week awards**  
Foundation A – William Gibbason, Rhiannon Dowler  
Foundation B – Asim Al Shouhi, Milly Dines, William Tameruiu  
1A - Eliza Hamilton, Heidi Luke, Declan Cooper, Jack Ludwig  
1B - Izahia Sutton, Tyler Pearson, Ella Pyshakis  
2A - Bailee Prest, Shreyes Suresh  
2B - Isabel Clifford, Kaleb Luke, Masuma Hussaini  
2C - Tiarna Lawrence, Pleum Chantabut, Rhinoa Robinson, Iniya Gorky  
3A - Dylan Visscher, Olivia Russo, Jordan Moomai  
3B - Jarod Reyes, Thomas O’Halloran  
3C - Luca Bridge, Jethro McGavin  
4A - Maddy Leadbetter, Nadine Dela Cruz  
4B - Tara Goodman, Ben Jeffs  
5A - Mara Maalo, Falua Isaksoz Varley  
5B - Tara Al Shouhi, Caydn Michell, Lee Thomson  
6A - Emma Spence-Falzon, Chris Clapton, Lauren Blake  
6B - Arashdeep Kaur, Tristan Blake  
PE – 2B, 3A  
Music – 2C, Foundation B, 5A  
Art – 2A, 5A, 6A

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**Remembrance Day**  
SRC will be going around to grades to sell poppies for Remembrance Day, 50c each. The money goes to assist ex-service men, women and their families who are in need.

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**Michael Grose**

Bullying is a word that’s wrapped in emotion. For many people bullying is associated with bad childhood memories. It’s been estimated that around 40% of people has experienced some type of bullying in the past. The ghosts from the past are never far away for parents and can sometimes influence the way we react to current circumstances, including when our own children experience difficulties in their relationships inside or outside school.

Bullying is an insidious behaviour that transgresses children’s natural right to feel safe and secure. It can adversely affect their learning, emotional well-being, further peer relations and their sense of self.

Bullying takes many forms and guises including physical and emotional abuse, intimidation, harassment and exclusion. It now has a well-publicised cyber-dimension which has moved the goalposts for many kids. In the past children could escape bullying behaviours they may have experienced by being at home. Cyber-bullying now means that kids can’t escape the bully like they once could.

Bullying is not the domain of one gender. Girls bully just as much as boys but they do it in less physical ways. While boys use physical intimidation or verbal abuse to wield power, girls are more likely to use exclusion or verbal sarcasm to assert themselves.

Bullying should not be confused with teasing, rejection, random acts of violence or physicality and conflict. While children will often tease or fight, this bickering should not be confused with bullying.

Bullying is about lack of power as one person is powerless to stop the teasing or physical abuse. Bullying is the selective, uninvited, repetitive oppression of one person by another person or group. It should not be tolerated or practised by the adults who inhabit their world.

If you think your child is being bullied then handle with care as children often don’t want to admit that they are on the receiving end of bullying. Some kids keep it to their chest so it helps to be on lookout for warning signs such as: items being stolen, changing the route to school and withdrawal from usual activities (there is heaps more information in the bullying section of One Step Ahead).

If your child is being bullied:

1. **Listen to their story:** Children who are bullied need someone to believe their story. Take them seriously and avoid dismissing complaints as tell-tale. Use common sense to differentiate between bullying and more random, non-selective anti-social acts. *Kids can be nasty too each other, yet this doesn’t constitute bullying.*

2. **Deal with their feelings:** A child who is bullied probably feels scared, angry and sad. Boys are more likely to display anger and girls claim they feel sad. The degree of emotional intensity is an indicator of the amount of bullying. Recognise and validate their emotions. Let them, talk about how they think (remember boys respond better to ‘think’ language) and feel. It’s normal to feel sad, scared or just plain confused.

3. **Get the facts:** Get a clear picture of what happens, including who is involved, the frequency and what happens prior to any bullying. Get your child to be as specific as possible by asking good questions. An accurate picture will help you determine your next course of action.

4. **Give them coping skills:** With a clear picture you can start giving your child some help about how the or she may deal with bullying including using avoidance strategies, being more assertive and changing body poor language.

5. **Get the school involved:** Bullying is best handled when parents and teachers are involved. Some parents tell me that schools can be reluctant to become involved. From my experience, schools take bullying very seriously and go to great lengths to support and empower those on the receiving ends and look for ways to change the behaviour of bullies. *Approach your school through the appropriate channels, make yourself aware of your schools’ anti-bullying procedures and programs, and be willing to work within these*
*LEARN TO PLAY GUITAR*

**Keyboard Kids Music School** would like to offer your child the opportunity to learn the GUITAR. Lessons are held during school time and are for 30 min. Students perform in assembly in term 2 & 4 and have other recitals during the year! Please email keyboard-kids@bigpond.com for an enrolment form or call Shelly for more.

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**IS YOUR CHILD A SMART SCHOOL SAVVY?**

We measured the ‘Savings IQ’ of the nation and found Australians who learn about money at school grow up to become smarter savers.

To find the next generation of savers, we’re launching a national competition.

*Have your child tell us in 50 words or less what they are saving for, and how they plan to save their money to achieve it and they could win:*
  - An iPad for themselves and one for their school (one regional winner)
  - $1,000 for their savings (one national winner)


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Schools are often looking for organisations who are able to assist us. Stockdale and Leggo Real Estate have very generously offered to assist us in marketing our school in the Cranbourne area. In return, we are very happy to encourage our community to use Stockdale and Leggo Cranbourne as a worthy company to contact if you are wishing to buy, sell or lease your home. Please speak to our fabulous office people who will forward your name onto Stockdale and Leggo. This also applies to family, friends or acquaintances.

The school then profits from a recommendation fee and of course the communication to new families “that Rangebank Primary is a great school” is passed on by Stockdale and Leggo.

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**THOMPSON ROAD CLINIC**

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**Get your kids walking to school in October and build healthy habits for life!**

Did you know that only one in five Australian primary school children gets the recommended 60 minutes of physical activity every day? Physical activity is vital for children. It helps them achieve and maintain a healthy weight, builds strong bones and muscles and improves balance, movement, coordination and brain development.

A fun, free and easy way for you and your children to get active in October is to join VicHealth’s *Walk to School*. As well as the health benefits, regularly walking to and from school can help develop children’s social skills and knowledge of road safety, and improve their self-confidence and independence.

Parents will also benefit. More than two-thirds of Australian adults get no, or very little, exercise. So getting active as a family will improve everyone’s health. Walking to and from school also means more time to chat with your kids, and gives you a break from traffic congestion.

Visit the *Walk to School* website to check if your child’s school is registered, or register your child online. The campaign kicks off on the first day of Term 4, Monday 6 October, and children are encouraged to walk to and from school every school day in October. Your child can join more than 30,000 students across Victoria as they start building healthy habits for life.


**Tips on preparing to let kids walk unsupervised during Walk to School**

Every child is different, but if you feel yours is ready to begin walking independently, there are a range of benefits. Travelling without adults helps children develop a sense of control, independence and confidence in making their way around their world.

Letting go is challenging but can be managed in stages:

- Teach your children road safety and navigation skills by riding or walking around your neighbourhood.
- Talk with neighbours about establishing buddy groups of older children who can walk or ride together without adults.

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**Supper Soccer Kids**

S.S.K is a soccer clinic for boys & girls between the ages of 5-12 to come & learn the skills of the game in a fun & enjoyable environment.

Every session runs for 45 minutes with activities that will develop their skills in dribbling, controlling the ball and working in a team. Every session will also end with a game. S.S.K is run during every school term and all sessions are indoors, so no matter what the weather is like it will always be on.

For clinic locations, session times and fees, please call Greg on **0413 919 727** or email at supersoccerclinic@gmail.com

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**THE GOOD GUYS CRANBOURNE**

With every $25 spent you help the school achieve a $1 Cranbourne Cash Reward that will be put towards our monthly total. Just mention our school name at the time of purchase for our school to redeem this cash reward.

For further information regarding to this program please contact Angela or Marcus at The Good Guys Cranbourne on 5991 6000

or email: promtions016@thegoodguys.com.au

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Do you scrapbook?

Come and join the fun in Cranbourne at Sit’n’Scrap

Mondays & Wednesdays

$10 9:30-2 includes tea, coffee&nibbles.Bring your own supplies...

Dates are Oct 15,20 &29
Nov 5,12,17&26
December 1,10 &15

To book your seat call Carolyn 0418304485.
Raffle 10 tickets for $10
Crazy Games for all to play, so bring your gold coins along.

From Diwali @ Federation Square Booklet
Here are two examples of essays submitted to the India Essay competition
Rangebank Primary is the first state school in Australia to introduce Hindi as LOTE language.
It is taught to all students from Prep to Year 6.

Diwali
By Brandon, Grade 4
Diwali is a festival of lights. It is a five day festival in India. It is to celebrate the death of Ravana. People decorate their houses with lots of lights and a few days before Diwali they clean their houses. Diwali is a very beautiful celebration. People exchanged gifts with family and friends. The gifts are often candles and crockery and glass bowls.

Diwali
By Olivia, Grade 4
Diwali is celebrated according to the Lunar calendar. People celebrate Diwali in Federation Square and loads more places. Diwali is celebrated because of the death of Ravan. It is a five day festival so children get a five day holiday. It is a celebration of lights and it is similar to Australians celebrating Christmas and New Year. Diwali is a festival where you eat sweets and exchange gifts with family and friends. Each Diwali you eat lots of sweets that your mothers make.

Rangebank Primary School and two other schools entered 101 essays each. The 3 schools each win 6 Leadership coaching sessions from the AFL being the prize for the schools with the most children participating in the competition.
Saturday 26th October will immerse Federation Square in rich, vibrant colours of India. The whole day of cultural blast will cater for all ages. Interesting craft workshop for children, jugglers, face painting, interactive items with AFL players & Australian cricketers are just some of the exciting activities along with captivating Indian traditional & Bollywood dancers, live band, bazaar and the multinational cuisine.
Every year on Diwali, Celebrate India does its bit to raise awareness and funds toward a worthwhile cause. This year again, we have joined hands with White Ribbon, an organisation campaigning “Stop Violence against Women”. The festivities will begin at 12 noon and culminate with a spectacular fireworks display on the Yarra at 9.30pm. The festival with colourful and exciting performances will provide incredible photo opportunity for media.

Friday 24th October, arrive 6.30pm for a 7pm start in the Multi Purpose Room at Rangebank Primary.


$15 per person, table max is 10, limited tables available so first in best dressed.
Bookings and Payments to be made by contacting the office staff at Rangebank by 11.00am Tuesday 21st October.
BYO drinks and nibbles.
Light Supper will be provided.
TERM 4 Lunch Order Form
THIS IS A PRE-ORDER AND MUST BE RETURNED BY TUESDAY 28th
NO LATER THAN 9:30AM.
Date: Friday 31st October

Name: ………………………………. Grade: ………………

Please tick Lunch Choices
 Crispy Chicken Salad Wrap (lettuce, cheese, cucumber, tomato, carrot) $4.50
 Toasted Ham and Cheese Sandwich $2.00
 Toasted Cheese and Tomato Sandwich $2.00
 Meatball Sub with grated cheese $4.50

Snack Choices
 Vanilla Custard $1.00
 Banana Pikelet $1.00
 Jam Tart $0.60

Drink Choices
 Milk $1.50
 Chocolate strawberry honeycomb
 Juice $1.00 apple tropical orange

Please add 20 cents if you do not have your own brown bag to send

Total.......................

Please place order and money in a paper bag. Limited stock is available over the counter
Please be aware that some items may contain traces of dairy products, eggs and or nuts. If your child has allergies or intolerances please contact the canteen via the office for information on all items available.

Window Sales
Loz Razzbri/Mandarin/BlkCurrant $1.50
100% Juice Apple/Tropical/Orange $1.00
Nippys Milk Choc/Straw/Hcomb $1.70
Cup of Soup Chicken Noodle $1.00
Fantastic Noodles Beef/Chicken $2.50
Steam Dim Sims 3 for $2.00
Corn on the Cob $ .80
Party Pies-Wednesdays Only 3 for $2.00
Ovalteenies $1.00
JJ Snacks Chicken $1.00
Gingerkids $1.00
Red Rock Chips Honey & Soy/Plain $1.00
Smiths Chips Plain/S&V $1.00
Red & Black Licorice 5 pc $1.00
Tubes $ .30
Raspberry Munchable (like a Calipo) $1.10
Milky Mates Choc/Van/Caramel $ .80
Water Ice Blocks $ .50
Ice Cream Cups Vanilla $1.20
Frozen Yoghurt $1.20

SHERPA KIDS
BEFORE & AFTER SCHOOL PROGRAM
New Contact Phone Numbers
Proprietor- (Main contact/ New Enrolments/ Queries)
Rose: Phone: 0413 137 571
Sarah: 0466 366 998
Deb: 0408 310 601
Janine: 0410 411 737

Moving House Garage Sale
Everything Must Go!
Saturday 25th & Sunday 26th October 8.30am –4.00pm
5 McMillan Crt Cranbourne North
NO EARLY COMERS!

YEAR 6 UNIFORM 2015
The uniform for the Year 6 students of 2015 at Rangebank Primary School will be printed and supplied by Primary School Wear (PSW).
There are samples of these garments at the school office for students to try on before placing an order. Parents will need to come in with their child to help with choosing the correct size.
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PSW Uniform Lists are available from the notices board located in the school office

Canteen Roster
Friday 24th October
Natalie Goodman, Shelly Clapton, Cameron Jeffs,
Janet Adams & Linda Goodwin

Friday 31st October
Janet Adams, Lisa Smith, Denise Joseph,
Kerry Parsons & Jenelle Proudlock